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A Group of Soldiers

by C.R.W. Nevinson, courtesy of the Imperial War Museum

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Lest we forget

**By Col. Doug Richardson
48th Fighter Wing commander**

This weekend marks two very important days: Remembrance Day and Veterans Day. While Liberty Wing members take some very well deserved rest, let's all take time to reflect upon those whom we honor.

This weekend the Liberty Wing remembers the contributions of veterans made in countless wars, conflicts, and places. There will be a ceremony at the Wings of Liberty Park Tuesday at 11 a.m. where we'll lay a remembrance wreath and observe two minutes of silence in honor of those who've served. The uniform is battle dress uniform and I encourage everyone who can to attend.

Glare adds to night driving problems

**By Frederick Cole
48th Fighter Wing safety**

As the four-day weekend approaches, road trips beckon and so do some dangers—especially at night, when light glare can become a deadly danger.

Nighttime glare is one equalizer that can reduce even the best night driver to an accident statistic.

Everyone sees less at night, even people with excellent vision. People who have restricted vision in daylight see even worse in the dark.

Two-thirds of all traffic deaths happen at night, when only 35 percent of driving occurs, because at night you drive as if by candlelight, even with headlights. But it's even worse if you have too much light.

Appreciation week set aside for families

**Bill Sokolis
Family Support Center**

William S. Cohen, the Secretary of Defense, designated Nov. 23 - 30 as Military Families Appreciation Week.

This is the 11th year the week of Thanksgiving has been set aside to pay special tribute and to give thanks to military families.

In his proclamation, Cohen stressed the value of families to the mission and to the morale of our Armed Forces.

"Frequent moves and extended family separations make military and family life unique and challenging," said Cohen.

"In recognition of that, we are continuously working to improve the quality of life for the military community. I encourage our military members and their families to take full advantage of the many local community and family support programs we have devel-

A note from the CSAF

To the men and women of the United States Air Force,

I would like to share my thoughts on our core values and how important they are in all aspects of our lives.

Our core values, integrity first, service before self, and excellence in all we do, set the common standard for conduct across the Air Force. These values inspire the trust which provides the unbreakable bond that unifies the force. We must practice them ourselves and expect no less from those with whom we serve.

Michael E. Ryan
MICHAEL E. RYAN
General, USAF
Chief of Staff

Studies on the subject of night blindness indicate more than 60 percent of drivers suffer from glare blindness.

Even after the glare has passed, drivers are affected, like a person who enters a dark theater from bright daylight. At 50 miles per hour, a driver will not see clearly for at least 70 to 80 feet.

Eliminate glare where possible. Adjust your lights correctly. It's not good enough to have your lights aimed left, they must be adjusted down to the road.

To help reduce glare, clean your windshield inside and out. Smokers should clean the inside more often as smoke produces a window grime that causes glare.

A last resort if these precautions fail is to slow down and look to the left edge of the road, away from the glare. This could cause you to drift however, so be alert and careful.

oped over the years. These programs, ranging from excellent recreational activities to outstanding parenting programs, are designed to enrich the unique lifestyle of our military members and their loved ones."

The Liberty Wing is proud of its families and would like to make this week a very special occasion. Wing leaders recognize the very important role military families play in accomplishing the mission. Organizations are encouraged to plan special events to honor military families during Military Families Appreciation Week.

The family support center will host a series of video classes on issues of interest to military families. These classes are 11 a.m. - 1 p.m. Nov. 23 - 25. Topics include couponing, job hunting and balancing work and family.

Send activities submissions to the family support center or e-mail them to bill.sokolis@lakenheath.af.mil. To sign up for a class or for more information, call Ext. 3847.



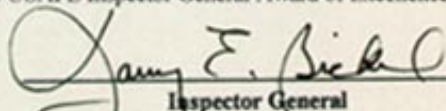
INSPECTOR GENERAL *AWARD OF EXCELLENCE*

is awarded to

TEAM LIBERTY
in recognition of

Team Liberty demonstrated inspired teamwork to the United States Air Force during the Surety Inspection, 20-27 October 1997. Pride, professionalism and esprit de corps was evident throughout your wing. Your demonstrated commitment to teamwork was evidenced through your "fix the problem, not blame" approach. You tackled difficult problems head on, stayed in the fight, and successfully resolved every challenge that came your way. Motivated, highly trained, and confident you executed tasks in an exceptional manner. When Team Liberty is called upon the United States Air Force can be assured the mission will be done right the first time, every time. Your achievements earn you the USAFE Inspector General Award of Excellence for exceptional performance.


Chief, Inspections Division


Inspector General

Wing receives 'Award of Excellence'

The Liberty Wing received the U.S. Air Forces in Europe Inspector General Award of Excellence for its performance in the Joint Surety Inspection Oct. 20 - 27. The award reads:

"Team Liberty demonstrated inspired teamwork to the United States Air Force during the Surety Inspection, 20-27 October 1997. Pride, professionalism and esprit de corps was evident throughout your wing. Your demonstrated commitment to teamwork was evidenced through your 'fix the problem, not blame' approach. You tackled difficult problems head on, stayed in the fight, and successfully resolved every challenge that came your way. Motivated, highly trained, and confident, you executed tasks in an exceptional manner. When Team Liberty is called upon, the United States Air Force can be assured the mission will be done right the first time, every time. Your achievements earn you the USAFE Inspector General Award of Excellence for exceptional performance."

"Without a doubt, (the Liberty Wing's) the best outfit seen in two plus years," said Col. Larry Bickel, USAFE IG. This is the first time in USAFE an entire wing has been presented the IG award.



Photo by TSgt. Sam Shore

SrA. Michael Davis, left, and MSgt. Mark Balfantz, 48th Transportation Squadron, work on a forklift during the Joint Surety Inspection.

Liberty Wing joins in Recycle Day Nov. 15

By SrA. Sarah Franco
Public affairs

The first "America Recycles Day" is Nov. 15.

The day, which was proclaimed by Vice President Al Gore, aims to remind and encourage Americans to learn more and do more recycling and purchasing of recycled products, according to Col. Patrick Fink, Air Force Environmental Quality director.

The theme for this year's event is "Keep Recycling Working: Buy Recycled." To support the theme, RAF Lakenheath recycling program officials are planning to put up displays of recycled materials at the commissary and base exchange.

Another part of America Recycles Day is the pledge card program. To support the day, people can fill out pledge cards that can be found on the World Wide Web at www.americarecyclesday.org. That is the only source of the pledge cards and serves to encourage recycling according to SSgt.

What do the three chasing arrows mean?

Each arrow represents one step in the three-step process the completes the recycling loop.

The first step is collection. This is when you put your recyclable materials into your curbside recycling bin or take it to a local drop-off center. The collected materials are then prepared to be marketed and are sold to a manufacturing facility.



The manufacturing process is the second arrow in the recycling symbol.

The recyclable materials are converted into new products and shipped to stores across the country to be placed on shelves as new consumer goods.

The third step is where consumers purchase products made with recycled content. When they buy recycled, they complete the recycling loop.

Dave Berdis, Liberty Wing recycling program manager. Those who fill them out pledge to recycle and buy recycled products. All pledges must be submitted by Nov. 16.

All pledges will be entered into a random drawing Dec. 15 for the "American Green Dream House," an energy-saving, water-conserving, three-bedroom, 2½ bath, 1,859-square foot home built with recycled mate-

rials. Up to \$50,000 will also be allotted to the winner for property purchase. The estimated retail value of the house is \$200,000.

The house will be made from such recycled materials as ground post-consumer tires, recycled soda bottles, recovered paper and recycled plastic.

Full details about the materials are available on the web page.



MiG pilots visit Lakenheath

(Left) German MiG-29 pilot, Capt. Stefan Bernhard, left, discusses some intricacies of the MiG cockpit with Capt. Michael Neeman and Capt. David Dillman, 494th Fighter Squadron, and 1st Lt. Anthony Sweeney, 493rd Fighter Squadron. (Below) SrA. Bryan Dawson, a crew chief with the 48th Equipment Maintenance Squadron transient alert section, marshals a German Mikoyan Gurevich - 29 aircraft into position Oct 30. The aircraft was one of two MiG-29s that visited the Liberty Wing. Their aircrews visited as part of an information exchange to discuss the possibilities of future dissimilar aircraft training.



Photos by TSgt. Sam Shore



48th Fighter Wing recognition

Promotions

The following are November's officer promotions.

To lieutenant colonel

Michael Casey, 494th Fighter Squadron; and **Robert Baine III**, 492nd Fighter Squadron.

To major

Mark Kelly, 48th Operations Support Squadron.

To captain

Brian Blalock, 48th Aerospace Medicine Squadron.

To first lieutenant

Christopher Cost, 48th Mission Support Squadron.

The following are November's enlisted promotions.

To senior master sergeant

Paul Dixon, 48th Component Repair Squadron.

To master sergeant

Robert Dalton, 493rd Fighter Squadron; **Michael Escobar**, 48th Equipment Maintenance Squadron; **Charles Holbink**, 451st Intelligence Squadron; and **James Mayer**, 48th Logistics Group.

To technical sergeant

Wayne Atchison, 493rd FS; **Melvin Cooler**, 494th FS; **Harold Croom**, 48th Medical Operations Squadron; **Michael Downs**, 48th Supply Squadron; **Michael Hoekstra**, 48th Transportation Squadron; **Jimmy Knight**, 48th EMS; **Brian Mathis**, 48th Operations Group; **Charles Torres**, 48th Communications Squadron; and **John Williams**, 48th EMS.

To staff sergeant

Richard Cendrowski, 48th CS; **Gary Cnudde**, 48th EMS; **Jamie Cole**, 48th EMS; **Crystal Davis-Vails**, 48th Fighter Wing; **Alexander Delvalle**, 48th OSS; **Larry Milcarek**, 48th Security Forces Squadron; **John Nasca III**, 48th MDOS; **Joseph Pineau Jr.**, 451st IS; **Cementia Scott**, 48th MSS; and **Dennis Teegardin Jr.**, 494th FS.

To senior airman

Nathaniel Anthony Jr., 494th FS; **Joshua Armstrong**, 492nd FS; **Christopher Asper**, 48th CRS; **Brandon Beasley**, 48th Civil Engineer Squadron; **Robrandon Bee**, 494th FS; **Jennifer Blair-Reyff**, 48th AMDS; **Jamie Campbell**, 48th EMS; **Matthew Feucht**, 494th FS; **Denise Forrest**, 48th EMS; **December Garcia**, 48th Dental Squadron; **Christopher Gleghorn**, 494th FS; **Samantha Hancock**, 48th SFS; **Jenna Hankins**, 48th MDOS; **John Horgan**, 48th MDOS; **Tyrone Jackson**, 48th Services Squadron; **Jared Lemar**, 48th EMS; **Shelena MaGuire**, 48th SUPS; **Tyler Merryman**, 493rd FS; **Timothy Parry**, 48th TRANS; **Steven Patton**, 493rd FS; **Brett Raun**, 48th CES; **Joseph Rogers**, 48th SFS; **Michael Rowe**, 48th CES; **Henry Stewart**, 492nd FS; **Jason Sweetser**, 48th EMS; **Tommy Wheeler**, 494th FS; and **Patrick Young**, 48th CES.

To airman first class

Eric Blissmer, 48th CRS; **Amy Broadhead**, 48th EMS; **Caroline Cortez**, 48th CS; **Jennifer Griffin**, 10th Mission Support Squadron; **Chad Grubbs**, 48th CES; **Dale Harrison**, 48th CRS; **Christopher Herman**, 48th EMS; **Marco Kalkbrenner**, 48th SFS; **Bret Leer**, 48th EMS; **Jonathan McGuire**, 494th FS; **Jodie Modawell**, 10th MSS; **Adam Moreau**, 48th CRS; **Robert Morrison**, 48th CRS; **Jason Parker**, 492nd FS; **Tiffany Parry**, 48th EMS; **Ryan Pearson**, 48th CRS; **Tommy**

Rolls, 48th CES; **William Spangler III**, 48th CRS; **Joseph Taylor**, 48th CRS; **Shaone Thompson**, 48th OSS; **Tonya Toche-Howard**, 48th MDOS; **James Watson**, 48th CRS; **Mathew Williamson**, 48th EMS; and **Justin Wimer**, 48th EMS.

To airman

Lictor Arredondo Jr., 48th EMS; **Shanice Braun**, 48th Comptroller Squadron; **Joseph Buntrock**, 48th CS; **Michael Creamer**, 48th EMS; **Aime Gaona**, 48th SUPS; **Danielle Harris**, 48th SUPS; **Jon Hauge**, 48th EMS; **Nathaniel Howell**, 48th SFS; **Gretchen Metzgar**, 48th SUPS; **Kevin Tillman**, 48th EMS; **John Trader Jr.**, 48th EMS; **Donishea Walton**, 48th SUPS; and **Gary Wright Jr.**, 48th EMS.

Awards

The 48th Mission Support Squadron quarterly award winners, July through September, are: Airman of the quarter, **SrA. Kandyce Griffin**; noncommissioned officer of the quarter, **SSgt. Del Chavarria**; senior NCO of the quarter, **MSgt. Marty Brennan**; company grade officer of the quarter, **Capt. Shannon Rogers**; civilian of the quarter, **Lisa Lambo**; and team of the quarter, the intranet web page team led by **SSgt. Robert Clemens**.

The 48th Fighter Wing recycling program received the Gen. Thomas D. White award for the best recycling program in U.S. Air Forces in Europe. **SSgt. Dave Berdis**, 48th FW recycling manager, received the Gen. Thomas D. White Award for individual excellence.

43 Squadron deploys here

Tornado F-3s from 43 (Fighter) Squadron, RAF Leuchars, Scotland, will arrive here Tuesday to fly a variety of missions with the 48th Liberty Wing F-15s. Flying will take place daily through Nov. 21. The Tornado F-3 is the air-defense version of the Tornado GR-1 ground-attack jet.

Six Royal Danish Air Force and two Royal Norwegian Air Force F-16s left RAF Lakenheath Thursday.

The aircraft and crews were here practicing tactics and training as part of a goodwill military exchange with the U.S. Air Force.

MG Hinton speaks to CGOC

Maj. Gen. William Hinton, 3rd Air Force commander, will speak at the RAF Lakenheath Company Grade Officers' council Nov. 14 meeting. The meeting begins at 4:30 p.m. in the officers' club Liberty Room.

Immunization program

The Force Protection Immunization Program replaces the annual flu program. Along with the flu vaccine, the Hepatitis A vaccine will be administered, shot records reviewed and a health enrollment assessment review survey distributed. All members must bring shot records with them.

Vaccinations are administered through December. The following schedule is for November:

Today – 48th Support Group and 48th Fighter Wing; Wednesday – 3rd Air Force and 48th Support Group; Thursday and Nov. 14 – 48th Support Group and 48th Logistics Group; Nov. 17 - 21 – 48th Logistics Group and 352nd Special Operations Group; Nov. 24 - 25 – 100th Operations Group and 488th Intelligence Squadron.

Comptroller squadron closes for function

The 48th Comptroller Squadron will close at 1 p.m. Nov. 20 for an official function.

Survey deadline extended

The deadline for participation in the Chief of Staff of the Air Force 97 Survey has been extended until Nov. 14. All active-duty military and civilians have the opportunity to participate.

The survey is a combination of the annual Quality of Life and Major Command Organizational Climate surveys.

For information on how to take the

survey, call MSgt. Jeff Roberts at Ext. 2041.

Retraining program enters Phase II

The Air Force has entered Phase II of the NCO Retraining Program. Military members eligible to retrain may still volunteer.

Members who are at risk for involuntary retraining will receive a notice from the Air Force Personnel Center which recommends retraining or applying for special duty assignments. For more information, call classification and training at Ext. 3623.

Wing holds awards luncheon

The 48th Fighter Wing quarterly awards luncheon is at 11:30 a.m. Thursday in the officers' club ballroom. Cost is \$7 per person and attire is uniform of the day.

For more information contact your unit first sergeant.

AF will announce E-9 promotions Nov. 19

RANDOLPH AIR FORCE BASE, Texas (AFPC) — The Air Force plans to release the service's newest chief master sergeants list Nov. 19.

The list of those promoted at each installation is releasable the first duty hour of the respective release dates. The complete list of those selected for promotion Air Force wide will be available on the Air Force Personnel Center's home page at noon CST, Nov. 20.

The home page address is <http://www.afpc.af.mil/> and then click on "HOT" to view those promoted. (Courtesy of AFPC News Service)

AF announces captain promotions Nov. 13

RANDOLPH AIR FORCE BASE, Texas (AFNS) — The Air Force plans to release the listing of the service's newest line, biomedical science, chaplain, judge advocate general, nurse, and medical service corps captains Nov. 13.

The list of those promoted is releasable at 3 p.m. at bases across the Air Force. The complete list of those selected for promotion Air Force wide will be available on the Air Force Personnel Center's home page at noon CST, Nov. 14.

The home page address is <http://www.afpc.af.mil/> and then click on "HOT" to view those promoted. (Courtesy of AFPC News Service)

Liberty Warrior



A1C Jamie A. Splinter 48th Medical Operations Squadron

Hometown: East Dubuque, Ill.

Time in service: 2 years and 3 months

Time on station: 2 years

Role in mission: Assistant element leader of outpatient records

Hobbies: Reading, baking and playing with my Labrador

Favorite movie: "A Few Good Men"

Favorite color: Green

What advantages are there to being stationed here? The advantage of being close enough to Europe to travel and experience different cultures.

What is your philosophy of life and why? Live each day as if it is your last. People get too hung up on little things and if you died tomorrow, would the little things really matter?

If you could be any character in any book or movies, who would you be and why? Julia Roberts in "The Pelican Brief," then I would have the chance to work with Denzel Washington.

Who do you think has been the most influential political person in the United States this century? Martin Luther King Jr. because he was such a major part of the civil rights movement, and his influences are still evident in today's society.

Where do you see yourself in 10 years? With a law firm, maybe even in the Air Force, working in the legal office as an attorney.

What is your greatest achievement? I will be putting on Senior Airman, achieved Below the Zone.

What do you like best about the Air Force? The incentive to go to school and making it easier or possible to do.

Those who served: One veteran remembers

By TSgt. Mary McHale
48th Fighter Wing Public Affairs

His earliest memories of Veterans Day are as a boy – standing at attention in his yard in Chicago as the clock tolled the “11th hour of the 11th day of the 11th month” – the time that marked the end of World War I.

Originally known as Armistice Day, the designation was changed in the United States by President Dwight Eisenhower in 1953 to focus recognition on the contributions and sacrifices of military members past and present. Sacrifices and contributions the Chicago boy soon learned about first hand.

As a retired major now, Earl W. Rudolph, a decorated World War II veteran and local Lakenheath resident, had a military career that spanned 30 years and three wars. During his service, which began in the Army Air Corps and proceeded to the Army Air Force, he witnessed the birth of the current Air Force and numbered among its premier population.

“I enlisted in the Illinois Army National Guard in 1937 when I was 16 and a half,” a feat Rudolph recalled was only possible with his mother’s permission.

Then, in 1941, he signed up for one year of full-time federal service but the events of Dec. 7, 1941, quickly negated the one-year rule. “We were in for the duration,” he said.

As a graduate of the ordnance school in Aberdeen, Md., Rudolph saw an opportunity with the Army Air Corps as an aviation ordnance specialist.

He became a member of the 306th Bomb Group (Heavy) based in England – a group that boasted the distinctive motto “First Over Germany” for their participation in initial B-17 missions over the Nazi-occupied land.

Rudolph himself voluntarily participated in seven missions over the enemy-occupied territory as an ordnance officer – namely to discover the cause of a bomb-release problem that would occur on some of the missions. Sometimes he would even have to manually release the 1,000-pound bombs – ducking flying debris due to anti-aircraft fire.

“They knew we were there. They were shooting at us,” he said.

But not long after he returned from the seventh mission, he made a grim discovery.

“I took off my left flying boot and it was loaded with blood.”

He quickly put his boot back on and headed for the rapid response area on the flightline – a tent set up to provide immediate medical treatment to casualties.

“Some of the guys came in pretty bad,” he said.



Photo by SrA. Robert Gerlach

Maj. (ret) Earl Rudolph, a World War II veteran living in the United Kingdom, reflects on the names of Air Force Medal of Honor recipients at RAF Lakenheath's Wings of Liberty Park.

Rudolph had overflowing praise for all the doctors who attended him, especially for their unwavering commitment to saving his foot.

“I told them if you have to take it off, don’t wake me up. But the docs wouldn’t let up, they stayed with it and were successful.”

The doctors did, however, warn him that his foot may give him future problems. That prediction came true four years ago. Today, he has to walk with a specially fitted shoe because of some bone damage.

That seventh mission wasn’t the first time Rudolph faced the inherent dangers of waging war. In August 1944, he responded when a fully loaded B-17 -- bombs and all -- went down in Thurleigh, England. He and another lieutenant quickly assessed the situation and determined one of the bombs still had its fuse and was therefore armed. Although the fuse was bent and damaged by the aircraft crash, Rudolph managed to remove the fuse and save the ordnance.

According to the citation for the Soldier’s Medal he subsequently received, “Had this bomb not been defused it would have been impossible for anyone to go near the wreckage either to obtain the bodies of the men who were killed or to salvage any of the aircraft. The courage and split-second thinking of Lt. Rudolph on this occasion helped to save lives and government property.”

To Rudolph, his activity was a natural reaction – that of a soldier serving his coun-

try, giving whatever it took.

“No one knows how much they (the military) are going to ask of you,” he said. “I was in World War II and I was on duty and available during Korea and Vietnam. I remain proud of my service and those I served with. There are many still around who gave supreme sacrifice – they are armless, legless, some in veteran hospitals — but I never heard any complaints.”

After World War II, Rudolph temporarily left the service but was recalled during Korea and stayed – working in services until he retired in 1967.

His Soldier’s Medal would not be the only decoration he earned for his service in World War II. He also received the Silver Star, from then Maj. Gen. Charles Link, 3rd Air Force commander. In a letter, Link noted that Rudolph’s award “serves to remind those of us serving here today just how much you and your fellow airmen accomplished.”

Receiving the Silver Star was humbling for Rudolph, a veteran who still recalls the sacrifices and contributions of fellow veterans – thoughts that flooded his mind after the ceremony.

But the defining moment came when, driving home after the ceremony, one of his grandchildren asked to hold the medal.

Suddenly he stopped, his voice choked with emotion,

“You couldn’t buy a moment like that for all the money in the world.”



A Day Above A



Photos courtesy of Imperial War Museum

(Above) Stretcher bearers carry a wounded man through the mud near Boesinghe during the battle of Pilckem Ridge, Aug. 1, 1917. (Below) Soldiers go “over the top” in The Battle of the Somme in 1916 during World War I.

Editor’s Note:

Tuesday, what most Americans recognize as Veterans Day, originally began in 1918 as Armistice Day – a day originally designated to recognize the service of soldiers who fought in World War I. The United Kingdom marks a similar tribute on Remembrance Day, celebrated this Sunday, to reflect upon the sacrifices and contributions of military veterans.

**By MSgt. Bill Harris
48th Fighter Wing historian**

On Aug. 6, 1914, thousands of cannon erupted across Europe signaling the beginning of World War I. It was to be “The War to End All Wars.” That’s how the press referred to it, and that’s what the young

men believed as they marched to the fields of France. What initially began as a war of national pride fueled by imperial fervor evolved into a horrific debacle, resulting in what many historians have termed the “human harvest.”

The period 1914-1918, known as The Great War, has been chronicled as the bloodiest conflict in the history of mankind. Why? Take a day trip to France and personally walk the miles of muddy trenches near the Somme River or the tortured landscape called Verdun. Marvel as you glance at the thousands of shell holes or the sun-bleached bones that once belonged to artillery horses. Ponder why, even after 80 years, little if any vegetation grows over these still barren landscapes. Even worse, try to count the unending fields of white crosses that mark the military cemeteries or the thousands of names of young men with no known graves. Then pause to listen to the silence. If you can’t hear any birds sing, it’s not a coincidence.

What made the Great War so devastatingly unique was how it was fought. After halting a lightning-quick German offensive 50 miles east of Paris, the allies stood their ground and began digging trenches as defensive earthworks. Un-



All to be Remembered

able to dislodge the entrenched allied forces, the Germans likewise “dug in.” The result: a line of permanent trenches stretching from the Swiss border to the English Channel. They would remain for four long, murderous years.

Battle after battle failed to move either side. In fact, the battle lines never moved more than four miles until the end of the war. For many soldiers, the trenches they were digging proved to be their own graves. And between the trenches was a barren wasteland called “no-man’s land.”

No-man’s land was, in most cases, 300 yards wide. Both sides erected multiple layers of barbed wire with one purpose in mind: to entangle the opposition during an attack. Machine

guns and riflemen then ended the misery of those ensnared with startling efficiency. Artillery from both sides continuously shelled the area,

turning once green fields into scarred, lifeless moonscapes. During the Somme offensive of 1916, the British alone fired more than two-million artillery rounds along a front so narrow that the German lines received roughly twelve shells per square yard. Entire platoons were buried when 2,000-pound shells collapsed trench walls. Some men simply disappeared, direct hits turning their bodies into a red mist. The dead, hastily buried a few yards behind the front line trenches, were violently unearthed and blown to bits, their rotting limbs and torsos thrown into nearby trees, barbed wire or hurtled back into the trenches.

And then there was the mud. Artillery barrages churned the soil so often that the ground became aerated. When it rained, such as during the Battle of Passchendaele, the dirt and clay became a sticky muck, much like quicksand. Men and animals slipped off roads or waded into no-man’s land and simply vanished in pools of mud. Thousands were never seen again. Those who survived endured sleepless weeks, lice infestation, poor food, rain, disease, snipers, rats, and the constant stench of death. Soldiers also cringed at the sound of the dreaded trench whistle which signaled

to go “over the top” to attack the opposing trenches. Many never made it more than ten yards, falling to enemy machine guns.

By late 1918, few if any decisive battles had been fought. Both sides literally bled themselves to death and simply grew weary of war. It was only in 1918 that the allies launched a successful counteroffensive, forcing Germany to sign an armistice effective the 11th hour, Nov. 11, 1918. Overall, the war claimed 900,000 British soldiers, 1.7 million Germans and 1.4 million French. America, which only entered combat in early 1918, lost more than 125,000. Even more shocking, seven million combatants are still unaccounted for.

This Nov. 11th, all would do well to make a pilgrimage to the fields of France. Armistice Day is best felt by the heart, not just muttered as a word. Tears are acceptable as one views the endless white crosses of Flanders or the red-stained soil of Vimy Ridge. Tears are acceptable because they validate the sacrifice and honor the efforts of those silent souls whose spirits mourn with you. Then, just before you leave, close your eyes and embrace that lost generation.

Most of all, remember.





Discover Britain

By Linda Laws
Community relations advisor

After four years of war, the poppy flower was still abundant in the fields of Northern France making it the symbol for Remembrance Day

Over the last couple of weeks, you will have seen people wearing poppies around our towns and villages. So why poppies?

During the First World War (or the Great War) between 1914-18, the areas of Northern France known as Flanders and Picardy saw some of the most concentrated and bloodiest fighting. There was complete devastation of buildings, roads and trees. Where homes and farms once stood became a sea of mud – on the one hand a grave for the dead, on the other an area where men still lived and fought. The only other living thing which survived each year was the poppy, flowering with the coming of the warm weather. The sight of the poppies brought life, hope, colour and reassurance to those still fighting.

The sight so moved a doctor, John McCrae, serving with the Canadian Armed Forces that he scribbled the following verses in his pocket book in 1915:

*In Flanders' fields the poppies blow
Between the crosses, row on row,
That mark our place: and in the sky
The larks, still bravely singing, fly*

*Scarce heard amid the guns below
We are the dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders' fields*

*Take up our quarrel with the foe;
To you from failing hands we throw*

*The torch; be yours to hold it high,
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders' fields*

McCrae was to die three years later in a military hospital on the French Channel coast, and his dying words were said to have been, "Tell them this, if ye break faith with us who die, we shall not sleep."

The war ended

In 1918, on the 11th hour of the 11th day of the 11th month, the First World War ended, and for the men and women who had survived the world would never be the same again.

Wearing the poppy

Moina Michael, an American secretary in Europe during the war was moved by McCrae's work and bought red poppies with money given to her by work colleagues. She wore one herself and sold the remainder to her friends to raise a small amount of money for servicemen in need. Her French colleague, Madame Guerin, was encouraged by this achievement with the poppy emblem and proposed the making of artificial poppies to sell to help ex-servicemen and their dependents. Thus the movement started.

History of the Royal British Legion

The British Legion was formed to bring together the four existing national organisations of ex-servicemen which had come into being as a result of the Great War. It became the Royal British Legion in 1971, its Golden Jubilee year. In 1981, the Diamond Jubilee year, full membership was extended to serving members of Her Majesty's Forces.

The first actual Poppy Day was held in Britain Nov. 11, 1921, and was a national success, and is now an annual event – the biggest ceremony taking place in London at the Cenotaph in Whitehall. This first poppy day event helped to establish the Royal British Legion Poppy Factory, employing mainly disabled people who make poppies, wreaths and other items associated with today's Poppy Appeal.

Remembrance Day services

The nearest Sunday to Nov. 11 is always Remembrance Sunday, and this year it is Nov. 9.

RAF Lakenheath will send representatives to many of the services being held in and around our local community, and you would also be welcome at a service in your local area. And just so you know, the locals like to see their American neighbours in their uniforms.



Courtesy photo

Capt. Julie Travnicek, 494th Fighter Squadron, and Wylie Noble, an American World War II veteran, place a remembrance wreath at a ceremony in Watton last year.

RAF Lakenheath commemorates Remembrance, Veteran's Day

The Liberty Wing will commemorate the sacrifices made by veterans when the 48th Fighter Wing commander, Col. Doug Richardson, lays a wreath Tuesday at the Wings of Liberty Park here.

The 15 minute Veteran's Day ceremony begins at 11 a.m. Uniform is the battle dress uniform.

The wing will also be represented at

various Remembrance Day ceremonies throughout the local community. Among them are:

Nov. 8 – 94th Bomb Group & Dunkirk Veterans Memorial Wreath Laying, Abbey Gardens, Bury St. Edmunds

Nov. 9 – Remembrance Day at Feltwell Village; Remembrance Day at Beeston & Bittering Parish Council, Beeston Church-

yard; Remembrance Day at Bury St. Edmunds Town War Memorial; Remembrance Day at King's Lynn War Memorial; Remembrance Day at Brandon British Royal Legion, Market Hill, Brandon; Remembrance Day at Lakenheath British Royal Legion Village War Memorial; RAF Watton Remembrance Day Ceremony at RAF Watton.



PTSA meeting

The Liberty Intermediate School's first Parent-Teacher-Student Association general assembly meeting is 5:30 p.m. Thursday. For more information, call Tiia Bullen at (01638) 532264.

Bike rodeo

The RAF Mildenhall and Lakenheath Security Forces will sponsor a bicycle rodeo Saturday from noon to 4 p.m. in the Lakenheath Elementary School parking lot. The event is free and certificates will be awarded for completion. Participants should bring their bikes and helmets. Parental permission is required for bicycle engraving. The rodeo is part of an Eagle Scout project. For more information, call Aaron Howell at (01638) 532159.

Ely Thanksgiving service

The Ely Cathedral Thanksgiving service is 7 p.m. Nov. 26. The pre-service musical program starts at 6:30 p.m. A reception and dessert social follows the service.

Anyone interested in contributing desserts should drop them off at the chapel by noon Nov. 26. For more information or to volunteer for the reception committee, call Chap. (Capt.) Cherri Wheeler at Ext. 3711.

Well-baby dental program

Children under 3 years old can be seen by the pediatric dentist from 8 - 11 a.m. Nov. 17, Dec. 1 and Dec. 15 at the RAF Lakenheath Community Activities Center. No appointment is necessary. Children will receive an exam, cleaning, fluoride treatment and oral hygiene instructions.

The Air Force Services for the Exceptional Child will be available during the same times to perform developmental screening of children and answer parents' questions. For more information, call Lt. Col. Jeff Mabry at Ext. 5665 or 2976.

Mailing deadlines

Following are the deadlines for mailing packages to the United States:

- ☐ Nov. 21 - SAM parcels

- ☐ Dec. 3 - PAL parcels

- ☐ Dec. 12 - Priority parcels and first class letters

- ☐ Dec. 19 - Express mail

Lancer boosters

The next high school booster club meeting is at 5 p.m. Thursday at the high school in porta-cabin K.

AFA meeting

The Air Force Association U.K. chapter will hold its monthly meeting at breakfast from 7 - 8 a.m. Nov. 18 in the officers' club Liberty Room. The cost for breakfast is \$6.50. Reservations must be made by Thursday. For more information, call Maj. Jenni Hesterman, Ext. 4772, TSgt. Todd Edeker, Ext. 4500, TSgt. Ed Ford, Ext. 4233, TSgt. Tom Woollard, Ext. 4233, or Steve Michael, Ext. 5078.

Self-help center

The 48th Civil Engineer Squadron self-help center will be closed from 9 a.m. to 1 p.m. Tuesday due to a power outage. Normal operating hours will resume at 3 p.m.

Library computer shutdown

The computer room in the base library will be closed Nov. 11 - 13 for upgrades to the local area network. For more information, call Ext. 3713.

Speakers and tour guides

The 48th Fighter Wing public affairs office seeks volunteers to be speakers in the local community and to help give base tours. Speakers can talk about any subject they have an interest in. Tour volunteers should have a flightline drivers license and a line badge. For more information, call SrA. Sarah Franco at Ext. 5639.

No dogs allowed

The RAF Lakenheath Elementary School administrators ask that people not walk their school grounds. Pet owners in base housing are liable for damage caused or injury inflicted by their pets.

Christmas trees

Area Boy Scouts and Cub Scouts will hold their annual Christmas tree sales at Field 3 behind the commissary Nov. 29 - Dec. 23. The hours will be 4 - 7 p.m. Mondays through Fridays, 9 a.m. to 6 p.m. Saturdays, and noon - 6 p.m. Sundays. The profits provide operating funds to support 10 scouting units in the local military community.

Yuletide bazaar

The RAF Mildenhall enlisted spouses' club's yuletide bazaar will be Nov. 14-16. The bazaar opens at 5:30 p.m. Nov. 14 for identification card holders. It's open to the public from 10 a.m. to 6 p.m. Nov. 15 and 11 a.m. to 5 p.m. Nov. 16. Free hourly shuttles depart from the Bob Hope Community Center Nov. 15 and 16.

Youth basketball

Registration for the RAF Mildenhall youth basketball season continues through Dec. 12. The cost is \$25 for the first child and \$20 for each additional child from the same family. Clinics will be held Dec. 22, 23, 29 and 30.

The coaches certification clinics will be held Nov. 17-18 and Nov. 24-25. The clinics are for first-time coaches who are not certified. For more information, call Gary Vicsik at Mildenhall, 89-2990.

Mountain climbing

An information meeting will be held at 6:45 p.m. Wednesday in the dental clinic conference room to discuss a January 1998 assault on Mount Kilimanjaro in Tanzania, Africa's highest peak. Interested climbers should attend this meeting. For more information, call Mike Horsley at (01638) 532411 in the evening or e-mail (horselyg@hal.duncheon.com).

Sunday school change

There will be no Protestant or Catholic Sunday school at RAF Lakenheath or RAF Feltwell Nov. 30. The normal Sunday school schedule resumes Dec. 7.

Applications accepted for AFAS education grants

By Hugh P. Henry-Pierre
Air Force Aid Society officer

The Air Force Aid Society awarded \$5.5 million in Education Grants for school year 1997/1998. The Lakenheath AFAS office has been awarded 30 of those scholarships totaling \$30,000. This is up from 21 scholarships for last year.

This grant program, named in honor of Gen. Henry H. (Hap) Arnold, was initiated by the society's trustees in 1988 in response to the rising costs associated with higher education. Since then 39,000 individual awards have been made.

The Education Grant program provides grants to sons and daughters of active duty and retired Air Force members, retired

reservists over age 60, and Title 10 reservists on extended active duty; spouses of active duty members and Title 10 reservists on extended active duty stationed in the continental U.S.; dependent sons and daughters, and surviving spouses of Air Force members deceased while on active duty or in retired status. During 1998/1999 in a program enhancement that recognizes escalating college costs, the society has increased all grants to \$1,500 for qualified applicants in all grade levels.

Applicants who do not return the required financial statement automatically disqualify themselves.

Applications for the Air Force Aid Society's 1998/1999 Education Grant Program may be obtained by contacting the Air Force Aid Society at the family support center from 8 a.m. - 5 p.m. Mondays, Tuesdays, Thursdays and Fridays or 10 a.m. - 5 p.m. Wednesdays.

What's on at Services

Friday	Saturday	Sunday
<ul style="list-style-type: none"> RAF Feltwell Community Center Snack Bar is located with Electric Ave 2. Hours of operation are 5 - 9 p.m. (Ext. 7024) Lock special at The Pedaler Bike Shop. Ten percent off all locks during November (Ext. 2146) Teen movie night at the youth center from 7 - 10 p.m. (Ext. 3180) 	<ul style="list-style-type: none"> Norwich Puppet Theater visits the base library at 11 a.m. and 1:30 p.m. (Ext. 3713) Colourama bowling tournament begins at 7:30 p.m. at Liberty Lanes. (Ext. 2108) Rent a movie today at Electric Avenue and it's not due back until Monday. (Ext. 2067) 	<ul style="list-style-type: none"> Freedom Café Sports Bar shows football games from 6 - 11 p.m. (Ext. 1601) Thai chicken pizza available during November at the Great Little Pizza Place. (Ext. 2497) "South of the Border" Sunday brunch at the Liberty Club from 10 a.m - 2 p.m., open to all ranks (Ext. 3869)

Positions available

The 48th Services Squadron has contract positions open for a roller blading instructor with at least one year of experience and a balloon delivery person to perform singing telegrams. To inquire, call Ext. 2232.

Teen newcomer tour

The youth center is sponsoring a teen newcomers' tour to Cambridge Nov. 22. The tour leaves the youth center at 10 a.m. and returns at approximately 5 p.m. The last day to sign up is Nov. 17 and the cost is \$5. This tour is for teens who arrived in the United Kingdom this summer. For more information, call Ext. 3180.

Sports card, comic book fair

The next sports card and comic book fair is from 10 a.m. to 4 p.m. Nov. 15 at the RAF Lakenheath Community Activities Center. Entrance is free. Tables are \$10 each and reservations should be made in advance by calling Ext. 2221.

Computer users group

The next computer users group is from 7-9 p.m. Nov. 20 at the RAF Lakenheath Community Activities Center. All are welcome, from beginners to experienced. Call Ext. 2221 for details.

Free Oktoberfest

The officers' club is holding a free Oktoberfest for club members at 6 p.m. today. The event features Bavarian buffet, German pilsner, a live oompah band, party favors and door prizes. To make reservations, call Ext. 3636.

Mickey Mouse's birthday

The RAF Lakenheath Community Activities Center celebrates Mickey Mouse's birthday with a party from 3 - 6 p.m. Nov. 18. This event is for children under 10. Parents must attend. The event is free. Dress up as a Disney

character and you may win a prize in the costume contest. For more information, call Ext. 3245.

Piano lessons

The youth center offers piano lessons Fridays and Saturdays for children 7 - 18. The cost is \$12 per class and can be scheduled from 4 - 7:25 p.m. Fridays or from 2 - 4:50 p.m. Saturdays. To sign up, call Ext. 3180.

Spanish classes

The RAF Lakenheath Community Activities Center offers conversational Spanish classes from 5:30 - 7:30 p.m. Mondays. Classes are four weeks and cost \$22.50. They are open to all ages. Sign up in advance by calling Ext. 2221.

Christmas shopping trips

ITT has the following Christmas shopping trips planned: Sunday to Bedfordshire Christmas craft fair; Tuesday to Stoke-on-Trent; Nov. 16 to Spalding Christmas gifts and crafts; and Nov. 28 to Lakeside Mall. For more information, call Ext. 2979.

Chess Club

The next chess club meeting is 4 - 6 p.m. Nov. 23 at the RAF Lakenheath Community Activities Center. For more information, call Ext. 2221.

Yoga class offered

The RAF Lakenheath Community Activities Center now offers yoga and relaxation classes. Class are from 6:30 - 8 p.m. Tuesdays and cost \$25 for four weeks. Sign up in advance because of limited space. Call Ext. 2221 for more information.

Decanter on sale

The 48th Services Squadron is selling the 48th Fighter Wing USAF 50th Anniversary souvenir decanter at the Liberty Club and the officers' club. The cost is \$29.95 and there is a limited amount of 600. For more information, call Ext. 2613.

At the movies

RAF Lakenheath

Today

7 p.m. - "Spawn" (PG-13) Animated. Six years after his murder, government agent Al Simmons returns to earth as Spawn, a being with supernatural powers who must choose between revenge or saving his loved ones.

9:30 p.m. - "Air Force One" (R) Starring Harrison Ford and Gary Oldman. The president's plane gets taken over on a return trip from Russia. Ford must outwit the terrorists before they kill him, his family and the crew of Air Force One.

Saturday

4 p.m. - "Rocket Man" (PG) Starring Jessica Lundy and Harland Williams. Williams plays a back-up astronaut drafted at the last minute for a trip to Mars.

7 p.m. - "Air Bud" (PG) Starring Michael Jeter and Kevin Zegers. Josh has a hard time fitting in at his new school until he finds Buddy, a golden retriever that plays basketball.

9:30 p.m. - "A Smile Like Yours" (R) Starring Greg Kinnear and Lauren Holly. Danny and Jennifer Robertson appear to have everything. The only thing missing in their lives is a bouncing bundle of joy.

Sunday

4 p.m. - "Rocket Man" (PG)

7 p.m. - "Event Horizon" (R) Starring Laurence Fishburne. The Event Horizon is a prototype spaceship that disappeared on its maiden voyage in 2046. Seven years later the vessel is found by an outer space rescue ship.

Monday

7 p.m. - "Air Bud" (PG)

Tuesday

7 p.m. - "Rocket Man" (PG)

Wednesday

7 p.m. - "Rocket Man" (PG)

Thursday

7 p.m. - "A Smile Like Yours" (R)

RAF Mildenhall

Today

7 p.m. - "A Smile Like Yours" (R)

9:30 p.m. - "Money Talks" (R) Starring Charlie Sheen. A fast-talking small-time con man is mistaken for a cop killer and snatcher of stolen diamonds.

Saturday

7 p.m. - "The Devil's Advocate" (R) Starring Al Pacino and Keanu Reeves. A young district attorney joins a powerful New York law firm. As the newcomer, he becomes seduced by his success and finds that his boss is something more, or less, than human and his very soul is in danger.

9:30 p.m. - "The Conspiracy Theory" (R) Starring Mel Gibson and Julia Roberts. A conspiracy obsessed taxi driver finds himself running for his life when one of his theories actually turns out to be true.

Sunday

7 p.m. - "The Devil's Advocate" (R)

Monday

7 p.m. - "The Devil's Advocate" (R)

Tuesday

7 p.m. - "Leave it to Beaver" (PG) The Cleavers are back and living in the 90s. The family's oldest son, Wally, is athletic, smart and respectful. Ward Cleaver wants his younger son, Beaver, to follow in his brother's footsteps.

Wednesday

7 p.m. - "Leave it to Beaver" (PG)

Thursday

7 p.m. - "Money Talks" (R)

Exercise the couch potato in your child

By Lt. Col. Dave Witkowski
Special to American Forces Press Service

WASHINGTON — “Daddy, can I please play video games?”

How often do you hear this question or a similar one in your household? If the answer is “Too often,” then join millions of parents who are in a quandary about what to do with kids who have too much time and energy on their hands.

A brief history: We have two young boys ages 7 and 8. C.J., the younger, is content to play outside riding his bicycle, playing with his toy trucks and cars or just playing in the dirt. He also helps mom and dad wash the car, mow the lawn or shovel snow. In short, he can wear us and himself out in the course of a day and at the same time get plenty of exercise.

Matt, on the other hand was Mr. Couch Potato. He was content to watch Saturday morning cartoons until the afternoon and then play video games the rest of the day. He would not waste a heartbeat on physical activity on the weekend without a fuss.

This changed sort of by accident. The same “accident” can happen in your household and with as much or as little effort as you want to expend. It started when a friend encouraged us to get our children involved in organized youth sports.

At first, there were awkward moments meeting other parents and children, many of whom were old pros at this sort of thing. But Matt and C.J. quickly warmed up to soccer and T-ball. Suddenly, the boys watched less TV and played fewer video games.

So at what age should you get your overactive, underexercised youngster into youth sports?

According to experts at the du Pont Hospital for Children, children should be at least 7 or 8 to engage in organized team sports.

Many team sports are contact sports, and most little children are not ready for heavy contact.

These same experts agree that 8- to 12-year-olds are ready for competitive contact sports. These sports include baseball, softball, basketball, football, field hockey, ice hockey, soccer and wrestling.

Parents should make it a point to be well-informed about their children’s sports, including the proper protective gear the kids need and injury protection techniques.

Experts do not recommend young children use free weights, weight-training equipment or distance running.

Pediatricians say children should be able to perform the following activities between the ages of 5 and 7: ride a two-wheel bike, bounce and catch a ball, dribble a ball, hit a ball off a tee, do a chin up, run a 35-yard dash in 10 seconds or less, skip, do a few bent-knee sit-ups and jump rope.

Recommended activities for these children include bicycling, dance, gymnastics, fitness trails and playground activities, karate, skating, swimming, tee-ball and tennis.

Keep in mind these are general guidelines and each child, even in the same family, will have different abilities and interests.

So how is Matt doing in T-ball? Just fine. He’s the only kid on his team who can accurately complete a throw from third to first base and can vary his batting stance to hit the ball where he needs to for maximum effect. He’s made the all-star team both years that he played. And it’s nice to hear at any hour of the waking day, “Daddy, can we play some catch?”

He’s taken great interest in the sport and in physical activities as a whole. Television and video games have their place, but not to the point of excess.

(Witkowski is an action officer with the Office of the Assistant Secretary of Defense for Personnel Support, Families and Education.)

Sports Shorts

Men’s varsity try-outs

Tryouts for the men’s varsity basketball team are 3 p.m. Saturday and Sunday and 4:30 p.m. Nov. 10-15. Tryouts are open to all active-duty military, dependents and DoD civilians. For more information, call Ext. 3607.

Singles swim party

The swimming pool staff is sponsoring a dorm residents and singles swim party from 9 - 11 p.m. Nov. 14. The \$5 cover charge includes hamburgers, hot dogs, sandwiches, fruit, soda juice and chips. For more information, call Ext. 2815.

Youth basketball

Youth basketball registration is from 7:30 a.m. - 5:30 p.m. Mondays through Fridays at the youth center. Children ages 6 - 18 are eligible. Camps and clinics will run during the Christmas school break, and the season begins around Jan. 5, 1998. Coaches are needed. For more information, call Karl Pfor on Ext. 3735.

200-mile challenge

The swimming pool staff congratulates the following swimmers for completing their 200

miles in the pool: Maureen “Mo” Galpin, Trudy Kozora, Gary Hargrove and Martha Stanton. For more information on how to do the 200-mile challenge, call Ext. 2815.

Colourama

The next Colourama bowling tournament is Saturday. The cost is \$15 per bowler and the fun begins at 7:30 p.m. There will be prizes and jackpots and a turkey shoot with a chance to win a turkey for Thanksgiving. For details, call Ext. 2108.

Bowling fees

Liberty Lanes will increase fees beginning Nov. 17. For a listing of the changes, please stop by the bowling center or call Ext. 2108.

Climbing at the youth center

The youth center offers climbing classes for the “Radical Rock” from 5:30 - 6:30 p.m. Tuesdays. The cost is \$3 per session. Open climbing is from 5:30 - 9 p.m. Thursdays and is available for those who have been through four climbing classes. The cost is \$3 per

session. To sign up for classes or open climbing, call Ext. 3180.

Golf course specials

The golf course is running two specials. The first is a five-round punch card. The cost is \$32 for E-1s to E-4s and \$40 for E-5s and up. The second special is a beginner’s package. For \$79.95, a beginner gets: three lessons, three rounds of golf, three rounds of club rentals, 10 buckets of range balls and \$20 off a set of clubs, if purchased. For more information, call Ext. 2223.

Tae Kwon Do

The Shepherd’s Grove Community Activities Center now has spaces available in its Tae Kwon Do classes. Classes are 7 p.m. Wednesdays and 7:30 p.m. Fridays. Classes are available for children and adults. For more information, call (01359) 250269.

Skating rink

The skating rink staff books birthday parties during regular skating sessions. The staff provides games and prizes for party members. To reserve your date, call Ext. 1627.